

AGENDA NO. \_\_\_\_\_

MOTION BY MAYOR MICHAEL D. ANTONOVICH

March 24, 2015

**WELLNESS MONTH AND COUNTYWIDE FITNESS CHALLENGE**

The Los Angeles County (County) Countywide Fitness Challenge was launched in 2010 as an effort to expand health awareness, promote healthy eating habits, reduce incidence of illness due to poor lifestyle choices, increase productivity, and reduce healthcare costs. In 2014, over 6,400 County employees and family members participated in weekend Countywide Fitness Challenge events and wellness fairs held throughout the County. Nearly 14,000 County employees and family members completed various health screenings, such as glucose, blood pressure, and cholesterol. In addition, 2,500 employees dropped over 10,000 lbs. while competing in the first ever “Interagency Greatest Loser” contest between employees of the counties of Los Angeles, Riverside, and San Bernardino.

To continue the momentum toward achieving a lasting cultural change to one of wellness for County employees, the Department of Human Resources (DHR) is launching its sixth annual Countywide Fitness Challenge. The campaign will include a

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12-week interagency weight loss contest between employees of the counties of Los Angeles and San Bernardino, as well as employees of the Metropolitan Transportation Authority.

The 2015 Countywide Fitness Challenge events will continue through October 2015. The events include biometric screenings, 5K runs, nature and wilderness hikes, pedal-boat rallies, kayaking, paddle boarding, farmers' markets, fitness walks, healthy cooking demonstrations, a softball tournament, a master dance class, and more.

DHR will continue to collaborate with many partners, including the departments of Parks and Recreation, Beaches and Harbors, Public Health, and Animal Care and Control, the various County-sponsored health-plan providers, the American Cancer Society, the American Diabetes Association, the American Heart Association, the Coalition of County Unions, and SEIU Local 721.

**I, THEREFORE, MOVE THAT THE BOARD:**

1. Proclaim April 2015 as "Employee Health and Fitness Month" in the County of Los Angeles and launch the "2015 Countywide Fitness Challenge" campaign for all employees and their families, and encourage department heads and wellness managers to support and market the campaign to their employees and strive for 100 percent participation;

2. Encourage all County employees to support and attend the Tuesday, April 7, 2015, Kick-Off event at Grand Park located at 200 North Grand Avenue,

Los Angeles, from 11:00 a.m. to 2:00 p.m.; and the first weekend activity Kick-Off on Saturday, May 16, 2015, at Whittier Narrows Recreation Area located at 750 South Santa Anita Avenue, South El Monte, from 8:00 a.m. to 12:00 p.m.; and

3. Waive the parking fees in the amount of \$4,000 for 200 cars in the Music Center Garage (parking lot 14) for the participants of the Grand Park Kick-Off event on April 7, 2015; parking fees in the amount of \$2,400 for 400 cars at Whittier Narrows Recreation Area on May 16, 2015; parking fees in the amount of \$2,200 for 200 cars at Castaic Lake Recreation Area on June 20, 2015; \$967.58 facilities fee at Hacienda Heights Community Center on July 11, 2015; \$295 facilities fee and parking fees in the amount of \$3,750 for 300 cars at Dockweiler Youth Center on August 29, 2015; and \$1,715 facilities fee and parking fees in the amount of \$4,000 for 400 cars at Santa Fe Dam Recreation Area on October 17, 2015.

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